

LEARN HOW TO SWIM

In a Series of Ten Articles, Famous Expert
Louis De B. Handley of the N. Y. A. C.,
Gives Advice to Beginners and Veterans.

Article No. 1.—The Elementary Crawl

By LOUIS DE B. HANDLEY.

Copyright, 1915, by American Press Association.

ALTHOUGH a good many swimming instructors still cling to the old fashioned breast stroke as the means for teaching beginners, it has been demonstrated beyond question that both the side stroke and the elementary crawl are more practical. Not only do they enable the novice to acquire the rudiments of watermanship quicker and with less schooling, but they also avoid later that tedious and irritating undoing of the work accomplished, which must be incurred when changing from the breast stroke to the modern type.

Advocates of the elementary crawl, in fact, have proved that they can teach the green recruit to keep afloat in two or three short lessons, while it takes six or more to attain the same result with the breast stroke, and it is a matter of record that the method has produced racing swimmers of championship caliber in half the time formerly needed.

The claim is made that some people, and particularly those beyond the youth, cannot or will not take up

will give a clear idea of the only movements to be performed at this stage of the novitiate, so you may without further delay strap on a pair of water wings, or some such floating device, and enter the water.

Choose either the shallow end of a pool, or an outdoor spot where the depth will allow you to drop the feet and touch bottom at any time. Lower yourself gently to swimming position, head up and feet about twelve inches below the surface; then start practicing the arm stroke just tried, remembering to roll rather heavily from side to side, to keep the muscles relaxed and to make the movements slow and deliberate. Haste only retards progress in swimming.

With the floating device buoying you up and no negative movements to check your advance—for the legs are left to trail limp and unused, while the arms recover clear of the water—you should be able at the very first attempt to propel yourself without trouble. But do not be carried away by too much ambition. Take only a few strokes at a time, then pause for a brief rest and gradually increase the number.

Take note at this period of which arm you are inclined to use first.

TEN YEARS AGO

From the Files of The Alliance Herald of July 6, 1905

A meeting will be held in the council room this evening for the purpose of discussing the sewerage proposition. Everybody is invited to come out and have a say in the matter.

Here is an item that will undoubtedly prove interesting to stockmen and others, as it shows the price of beef on the market at that time. Compare it with the present price: "Uncle Zed Goodwin has passed his eightieth mile-stone and has been rather poorly lately, and, as he says to himself, he is 'trying to die', but he demonstrated that he is still active, and is still the oldest cattleman in the state when he bought and shipped a bunch of heifers this week. Just before shipping, however, he sold them to Gene Hall, and then bought back a half interest in the bunch, which is on the South Omaha market today. It is expected they will sell at \$3.50 to \$4."

Mayor Buechsenstein and William James and their families enjoyed the pleasures of a summer resort last evening at Broncho Lake, where they took with the ma new row boat. Broncho Lake is about two miles from town, and if it were fitted with a pavilion, row boats, a launch, and other conveniences it could be made the summer resort of western Nebraska. (N. B.—This item was printed ten years ago. Notice what is said in this issue of the Herald regarding Broncho Lake. The wish was fulfilled.)

A movement is on foot to place the water system of this city on the meter basis. This matter has been under consideration by the city authorities for some time, and the matter will be taken up at their next meeting.

At a meeting of potato producers

held at the West school house north of Alliance last Saturday, a temporary organization was perfected by electing Albert Hadley president and John Lawrence secretary. The purpose of this organization is to look after their interests, and all growers are invited to join the same.

A Medicine Chest for 25c

In this chest you have an excellent remedy for Toothache, Bruises, Sprains, Stiff Neck, Backache, Neuralgia, Rheumatism and for most emergencies. One 25c bottle of Sloan's Liniment does it all—this because these ailments are symptoms, not diseases, and are caused by congestion and inflammation. If you doubt, ask those who use Sloan's Liniment, or better still, buy a 25c bottle and prove it. All druggists.

Visiting Colorado Springs

Colorado Springs, Colo., July 3.—J. K. Snow, Arvilla Snow, Mrs. J. C. Schmidt and Alice E. Carlson were registered at the Joyce hotel this week from Alliance. They are making an auto trip of the Colorado region.

PUT CREAM IN NOSE AND STOP CATARRH

Tells How To Open Clogged Nostrils and End Head-Colds.

You feel fine in a few moments. Your cold in head or catarrh will be gone. Your clogged nostrils will open. The air passages of your head will clear and you can breathe freely. No more dullness, headache; no hawking, snuffling, mucous discharges or dryness; no struggling for breath at night.

Tell your druggist you want a small bottle of Ely's Cream Balm. Apply a little of this fragrant, antiseptic cream in your nostrils, let it penetrate through every air passage of the head; soothe and heal the swollen, inflamed mucous membrane, and relief comes instantly. It is just what every cold and catarrh sufferer needs. Don't stay stuffed-up and miserable.

NOTICE

TO WHOM IT MAY CONCERN:

This is to notify all concerned that I have this day sold and do sell all my rights, title and interest in the prairie dog exterminating business in the vicinity of Alliance, Nebr., to Messrs. Otis Hughes and Rolland C. Deacon.

Yours Respectfully,

B. S. PAYNE.

Alliance, Nebraska, July 1, 1915

Just Press the Button

Light up the home, barn, hog house, chicken coop, garage and yard. "Just Press the Button."

Get power for your electric carpet sweeper, sewing machine, churn and fan; heat for your electric iron and toaster. "Just Press the Button."

The Alamo Electric Farm Light Plant makes it possible for every farmer to have electricity at a price he feels he can afford.

The price of the standard plant is \$253.00. This figure does not include the engine.

The cost of operation is very moderate.

The plant is easily installed—so simple you can install it yourself. Ready for operation when it is taken out of the crate.

The Best Illuminant

Electricity is the most satisfactory illuminant. It furnishes a clear, dependable light—a light that is free from smoke, smell and dirt; ready on the instant; free from fire risk. And remember, the Alamo makes it economical.

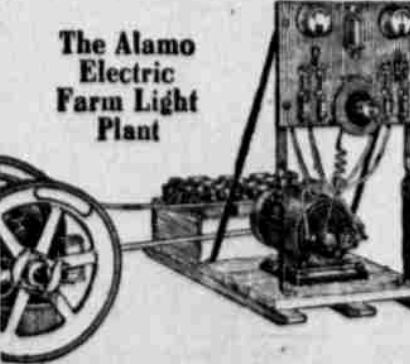
The Alamo Electric Farm Light Plant not only furnishes you with this satisfactory light, but also with power and heat for light work.

The Alamo is the result of eight years' successful manufacture. It is the ideal farm plant; it is the simplest, safest and best, and it takes up but little space.

Drop us a postal today and let us tell you all about the Alamo and the cost of various sized plants, with and without the engine. We will tell you who the dealer is in your locality, so that you may see the plant before you buy.

Dealer Agents wanted where we have no representatives.

Alamo Engine & Supply Company
Dept. 6 Omaha, Neb.



Over 90 per cent of Business Men Fail

Men fail in business because they do not know the game. They lack system and a thorough knowledge of their business. The reason why so many would-be farmers fail is because they know little or nothing of the science of farming. They think anybody can farm and then are surprised to find that their crops will not grow. The farmer who is always behind, who always has bad luck with his crops, is the man who farms by guess and trusts to luck. If he were in the mercantile business he would be in the hands of a receiver within a year. He is a failure but he hangs on because the poorest farmer can get a living out of the land if he only plows and sows the seed.

An Agricultural Education

The first thing a young man who intends to go into business should do is to take a course in a business college. Here he can become familiar with the first principles of business, without which he will fail. The first thing a man who expects to farm should do is to take a course in an agricultural college, if he can, but if he has not the time or the money to spend in a two-year course, he can get the same instruction at home by taking a course in the Campbell Correspondence School of Soil Culture. Everything is furnished—books and all—at a very slight cost, and the best thing about it, he does not have to leave the farm or his work.

He can choose from the following courses:

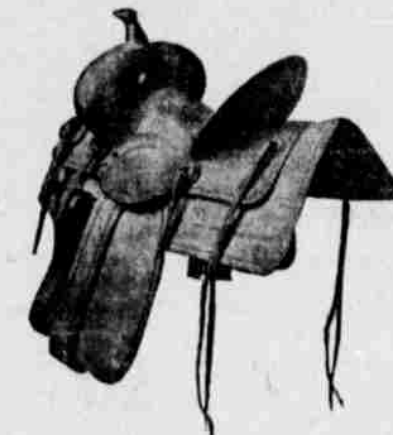
| | |
|-------------------------|-------------------------|
| Soil Improvement Course | Cereal Culture Course |
| Horticultural Course | Dry Farming Course |
| Small Farming Course | Farm Engineering Course |
| | Soil Tillage Course |

Summer is the time to study agriculture, and the farm and garden is the laboratory in which to work out the problems. Don't wait for fall or winter to begin, but get busy now. You will learn more in one summer applying your instruction in the fields than in a dozen winters sitting by the fire. Send for our catalog Number 8. It will not cost you a cent.

Campbell Correspondence School

LINCOLN NEBRASKA

FAMOUS COLLINS SADDLES



Harness, Saddles, Trunks, Sample Cases and traveling goods, made in our own workshop and sold direct to the consumer; no middle-man's profit; you get high grade goods at first cost.

Alfred Cornish & Co.

SUCCESSORS TO COLLINS & MORRISON

OMAHA, NEB.

1210 FARNAM ST.

Get the Highest Price For Your Cream

In addition to paying you the highest market price for your cream, we return your cans ABSOLUTELY clean, even to sterilization, so that they are ready the next time you want to use them.

Get acquainted with the Alliance Creamery company's way of doing business—you'll like it, and after a trial you'll bring your cream here regularly. And, by the way, you'll find your bank account increasing. Why let the women folks go thru the drudgery of butter making when you can sell your product first hand, without handling it several times?

Alliance Creamery

W. E. SPENCER, Mgr.

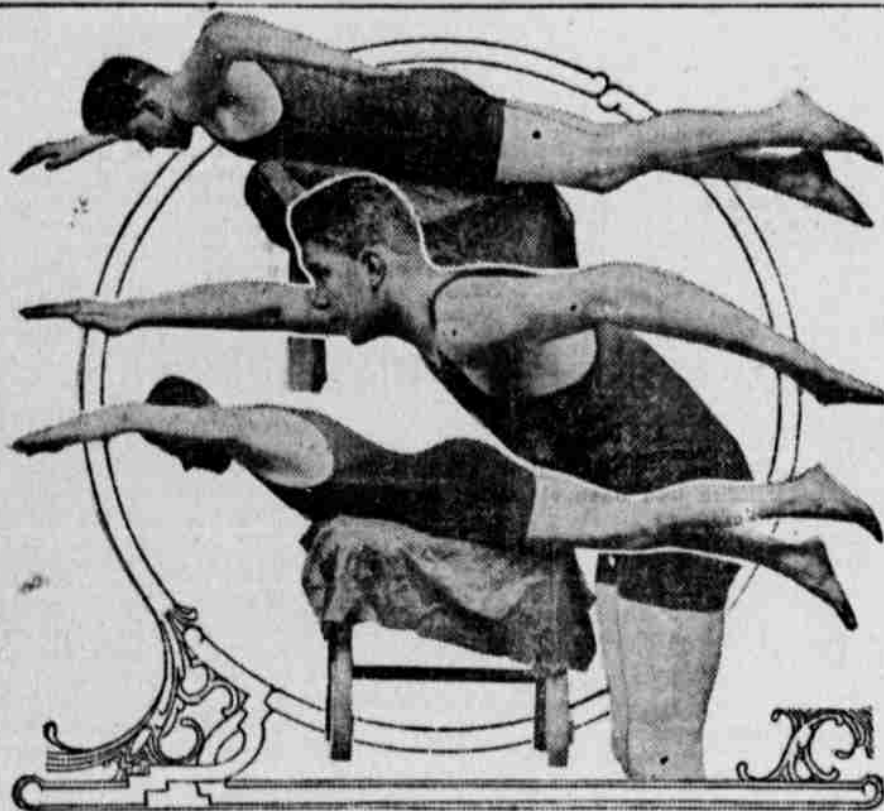
DYE & OWENS Transfer Line



Household goods moved promptly and transfer work solicited.

Dray Phone 54

Residence phone 636 and Blue 574



Photos copyright by American Press Association.

THE CRAWL STROKE

Upper illustration shows swimmer while right arm is driving and left arm is being brought forward above water in recovery. Elbow raised, muscles relaxed. Feet are performing alternate up and down continuous thrash.

Center illustration, the elementary crawl. How to practice the arm movements on land: Bend forward from the waist and rotate the arms alternately. Each starts from alongside, is carried back and up over the head, then swept down and forward to starting position, but action should be continuous and turning equidistant. As one arm is extended fully above the head the other should be grazing the hip.

Lower illustration.—Left arm is ready to drive, comfortably extended, with hand six or seven inches below the surface. Right arm is about to leave the water at the end of its pull. Body forms a straight line from the head down. Feet are whipping up and down alternately in narrow, continuous thrash.

modern strokes. The point is conceded, although the number is negligible. But why not use the underwater side stroke with such pupils, as do progressive instructors? It is easier to learn, just as comfortable to swim and decidedly more valuable in every way.

That any pleasure bather should knowingly prefer the breast to the side stroke is hardly conceivable. The underwater side stroke can be swum with head raised and arms always submerged, yet it requires far less effort and yields greater speed.

As to the efficiency of the breast stroke in life saving, it need only be mentioned that the modern types allow one to reach the person in danger a good deal quicker and that the safest and best way of carrying the rescued ashore is to seize them from behind and swim on the back.

Having thus disposed of the once classic stroke we may take up the subject of teaching the principles of navigation through the elementary crawl, which can be strongly recommended for the great majority of beginners.

The method is simplicity itself and has the advantage of being available to those who are not in position to secure the guidance of a coach. While it is advisable, when possible, to learn to swim under a competent mentor, for it is difficult for the novice to tell whether he is following correctly the given rules, there is nothing to prevent any one from gaining moderate proficiency through self instruction by means of the elementary crawl. Here is how to go about it:

Stand first on land, bent forward from the waist so that the upper body is almost horizontal, approximately on the swimming plane. Then proceed to rotate the arms alternately and continuously. Each starts from along side and moves back and up, passing over the head and driving forward and down, then grazing the hip and repeating the same circuit. The action of the arms should be timed, relatively that when one is raised to its highest above the head the other is brushing the body, fully lowered.

A very few minutes of his exercise

whether the right or the left, for it generally indicates on what side you will swim easiest, and try on and off to so adjust your breathing that you inhale when this arm is driving and exhale when it is recovering—i. e., moving forward from hip to above head.

As soon as you find yourself able to travel along comfortably for ten or fifteen yards it is advisable to take a short trip into deep water, for this will convince you that it is just as easy to swim there as where you have footing.

This point gained, return within your depth, discard all support and try to swim a few strokes unaided through your own efforts. Most beginners succeed then and there, but do not be discouraged if you prove the exception. Some individuals lack natural buoyancy and need longer schooling.

At all events, after a few attempts at swimming unsupported, whether successful or not, resume the water wings and start studying the leg action.

It need be explained here that, although the legs have not so far been knowingly used, they have not been totally idle. The muscular system of man is so inseparably correlated that if the legs are held without tension while swimming the elementary crawl they will follow instinctively the heavy alternate swing of the arms, each beating gently downward as the opposite arm drives, thus laying the foundation for a correctly timed trudgion or crawl kick.

In bringing the legs into play voluntarily, therefore, it is only necessary to emphasize the movements unwittingly developed, having care, however, not to bring up the thighs, but merely to thrash the feet up and down alternately, bending the knees a little and keeping the feet under water, the heels at most appearing over the surface.

Once the arms and legs are working in harmony the floating device may be abandoned altogether, and the next step is to improve the acquired movements, learn how to breathe, and then graduate to one of the modern advanced strokes. Of these things, however, we will speak in future articles.